

With the arrival of flu season, HFM BOCES is providing this information as a resource for district employees to help keep you and our students from getting sick with the flu.

In addition to this guide, the HFM BOCES Web site will be updated continually with new flu-related information.

According to District Superintendent Dr. Geoffrey Davis, HFM BOCES will follow the recommendations of local health departments in responding to outbreaks of influenza-like illness in the region. County health departments' response follows guidelines provided by the CDC and state agencies.



Washing your hands with soap and water is one of the best ways to protect yourself against flu germs.

Action steps for faculty and staff

- Educate and encourage students to cover their mouth and nose with a tissue when they cough or sneeze. Also, provide them with easy access to tissues. Remind them to cover coughs or sneezes using their elbow instead of their hand when tissues aren't available.

- Remind students to practice good hand hygiene and give the time and supplies for them to wash their hands as often as necessary. Students and staff should always clean their hands before eating.

NOTE: According to Director of SED Office of Facilities Planning Carl Thurnau, "parents should not send any cleaners, sanitizers, disinfectants or any other chemicals to school for any reason (unless medical, and kept at the nurse's office under a doctor's order). The school must maintain access to, and control of, the products and must have the MSDS sheets and inventory control for safety purposes."

- Be a good role model by practicing good hand hygiene and covering your mouth and nose when coughing or sneezing.

- Keep an eye out for sick students and send them to the school health office for further evaluation. Sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine).

- Faculty and staff should also stay home when sick. Stay home until at least 24 hours after you no longer have a fever or signs of a fever (without the use of fever-reducing medicine).

- If you are pregnant, have asthma, diabetes, or other conditions that put you at higher risk for complications from the flu, you should speak with your doctor as soon as possible if you develop symptoms of flu-like illness. People at high risk of flu complications who develop flu can benefit from early treatment with antiviral medicines.

- If you have children, plan ahead for child care if your child gets sick or his or her school is dismissed. *(Source: Centers for Disease Control and Prevention.)*

H1N1 Influenza A School Checklist

Do your students or staff members have two or more symptoms from the "Symptom Checker"??*

NO

Follow preventative measures:
Wash hands often
Avoid people who are sick

YES

**THIS PERSON
MAY HAVE
THE FLU**

If the sick person is at home:

- Have them stay home!
- They should not come to school.
- Students and staff should stay home until they no longer feel sick and have been fever free for 24 hours without using a fever-reducing medication.

If the sick person is at school:

- The symptomatic person should be kept in a separate location until they can be sent home.
- They should stay home and not go into the community.
- They should stay home until they no longer feel sick and have been fever free for 24 hours without using a fever-reducing medication.

Symptom Checker*

Fever of 100°F (37.8° C) or more? +
and one or more of the following:

- Cough**
- Sore throat**

+ (If a thermometer is not available, does the ill person feel hot; is their skin hot to the touch? Do they appear sweaty; is their face red?)

Additional signs of illness may include:

- Vomiting
- Diarrhea
- Skin rash
- Body aches
- Increased fatigue
- Decreased appetite
- Pale appearance
- Glassy eyes, dark circles
- Lack of energy

Consider calling 911 for Emergency Medical Services if a student or staff member has difficulty breathing • appears confused • becomes very ill very quickly • becomes unresponsive.

*Individuals at risk for experiencing complications from H1N1 Influenza include:
Students or staff who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.*

***The symptoms listed relate to H1N1 Influenza A. Students with one symptom may still be ill enough to be dismissed.**

If you have additional questions or concerns, please contact your School Nurse or your local Health Department.
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